

Adonis School:

Hamza's 24/7 Call Link: <https://us06web.zoom.us/j/86024001438?pwd=ISbp9XtiMjFYdsv9KlgN29s87XFPBN.1>

1. Sex Drive Protocol:

https://www.loom.com/embed/168bf9db3cb8436788f1a51dc25f855a?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true

2. 25 Advanced First Date Tips:

https://www.loom.com/embed/afd09daa44c64d4cadbd1c192cfa76ee?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true

3. Pre-Date Visualizations:

https://www.loom.com/embed/4771fd6df9834afa99f7cc3a0584e0ac?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true

4. 25 Advanced Sex Tips:

https://www.loom.com/embed/accba06dd03a441c98606ac7f27ad6f4?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true

5. Advanced Marriage Calls:

- a. See the [calendar](#) for the call dates and times.

<https://us06web.zoom.us/j/86011164375>

- b. Resolving Conflicts and Toxicity:

https://www.loom.com/embed/613dd79bf3d9404a84d09aaedab17b72?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true

6. Seduction Protocol:

- What Is The Red Pill:
https://www.loom.com/embed/44dacd90a5034c89bdb20e5a8af7ed24?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Red Pill Degeneracy VS Red Pill Development:
https://www.loom.com/embed/c318eaf7f6ad4b6c93e3eb37ce481cff?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Women Sexual Strategy:
https://www.loom.com/embed/2355223d00e54a029f9c82288faae91e?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true

Extra link in the vid:

- o https://youtu.be/1_t4FtpR58w?si=ucy5xpJ1dQ9yI6iS
- Alpha Fucks, Beta Bucks:
https://www.loom.com/embed/1926ef5d7cf9494f8a13f017dde5b36b?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- A Scary Amount of Men Get Cucked:
https://www.loom.com/embed/6e5d430f07804fecb7005a826d1c7318?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Sperm Wars book
 - o <https://www.amazon.co.uk/Sperm-Wars-10th-anniversary-Infidelity/dp/1560258489>
- Divorce Laws Are Blatantly Sexist:
https://www.loom.com/embed/01cf2441c5db47c3af2dca65174c4a13?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Promiscuous Girls Are NOT Wife Quality LOL:
https://www.loom.com/embed/4eaaa774b70f41069ec3fd24dc6a4bc6?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true

Study: Each sexual partner = 10% more likely to cheat and divorce you

Sources:

<https://psycnet.apa.org/doiLanding?doi=10.1037%2F0022-3514.95.5.1113>

<https://psycnet.apa.org/doiLanding?doi=10.1037%2F0022-3514.52.1.27>

<https://bpspsychub.onlinelibrary.wiley.com/doi/10.1348/000712605X47936>

<https://www.athensjournals.gr/social/2017-4-4-3-Pinto.pdf>

<https://onlinelibrary.wiley.com/doi/10.1111/j.1741-3737.2000.00048.x>

<https://www.jstor.org/stable/353375?origin=crossref>

<https://archive.ph/mPOLf>

<https://www.sciencedirect.com/science/article/abs/pii/S2352250X16300227?via%3Dihub>

<https://journals.sagepub.com/doi/10.1177/0265407505052440>

<https://psycnet.apa.org/doiLanding?doi=10.1037%2F0893-3200.21.2.147>

<https://www.sciencedirect.com/science/article/abs/pii/S1090513802001496?via%3Dihub>

you know it's serious when I cite the sources lol

How to guess body count:

- o She literally tells you about sexual experiences
- o You know guys she's previously fucked, saw messages
- o Bad relationship with her father, or a lack of a relationship with him.
- o Her mother is promiscuous, has mental health issues, wears the pants in the marriage, is divorced, or is a low quality woman in general. Usually, if you want to know what a woman will be like in 20-30 years, you should look at the mother.
- o Promiscuous friends.
- o Mental health issues.
- o Has been on a student exchange like Erasmus, been to a college where the hook up culture is well-developed.
- o Comes from a liberal community, where feminism is valued.
- o Wears tattoos, piercings, dyes her hair in an odd color, or wears revealing clothes in order to draw attention.
- o Has lots of male "friends" that she flirts with and strings along.
- o Smokes, drinks, and/or does drugs.
- o Claims to be bisexual, polyamorous, pansexual etc
- o Has liberal views and/or is a feminist.
- o Did lots of traveling on her own or with promiscuous friends.
- o Her friendships don't last too long.
- o Complains about her exes being abusive and horrible people.
- o Parties a lot.
- o Is on a form of birth control despite being single
- o Lost her virginity at a young age (below 17-18)

- o Isn't nervous, shy, excited, curious, etc. When you have sex with her for the first time. In fact, it seems like sleeping with someone new is a routine for her. She seems confident, or perhaps even bored during intercourse.
- o Attention from social media is important to her, and she posts lots of provocative photos (bikini pics, photos taken at parties, her making out with a guy, in a sexually suggestive pose, etc.)
- Act Like The Alpha:
 - https://www.loom.com/embed/7ec06b463402460a9c9f3152c3d19c74?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true

- o Physical indicators of good genes - health, strength, V taper, dark stubble. LIFT.
- o



- o Sexually satisfied, abundance mindset - ALWAYS visualise the double blowjob
- o High status amongst other men. Become a valuable member of the tribe
- o Show power and comfort - take up space, move furniture
- o Treat her as if she was born to serve you
- o Live your own life, be the 'one she wants to tame'. As soon as she tames you she loses lust for you
- o These seem crazy, but they will work to improve your sex life.
- o **Never discuss your feelings or emotions.** Just don't. Holding her hand in silence or hugging her warmly is all she needs. Do not betray your inner emotional life to a woman's fickle ears.

- **Do not talk about yourself.** Don't psychoanalyze yourself out loud to her. Talk about the things you love and enjoy. Don't talk about yourself. She is not worthy of that. That is for a close male friend if at all.
- **Occasionally be unexpectedly thoughtful.** Give her a cupcake with your names on it. Pick her a flower. Tiny expressions like this, devoid of any verbal affection and followed immediately by a return to the relatively aloof and stoic frame, can pierce a woman's heart with an emotional snag that sparks a deeper kind of attraction and love.
- **Be in charge of goodbyes.** Initiate departures most of the time. If she says she should probably get going, immediately comply with a smile. Always appear comfortable leaving.
- **Touch her. You are entitled to her body.** It's your toy for you to play with and enjoy. Assume this right as early as possible, beginning with benign physical contact and quickly escalating. It's her responsibility to protect herself from unwanted physical affection, not yours to guess how much affection she is comfortable with. Her restricting your access is funny, always. Acting butt-hurt about being rejected is tremendously unattractive.
- **Regularly temporarily withdraw from initiating any physical affection.** Find that you're touching her first a lot? Withdraw for 15 minutes to an hour. Don't refuse her touch, just abstain from initiating it. She may not notice this consciously but subconsciously it can trigger a slightly oxytocin deficiency that will clue her into how much she needs you.
- **Sex should consist of her acting in submission to you.** In bed, she is a rag doll, a slave. Exercise complete dominion over your woman in bed. The only limits to your alpha expression in bed should be legal ones. Don't be an English farmer, be a Viking pillager.

○ "Women will forgive you for being an asshole, but they won't ever forgive you for being a pussy"

- TALK LESS: https://www.loom.com/embed/89a70ce7cab24da786770cb8b2bbb12c?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Passing Shit Tests: https://www.loom.com/embed/c7f852d777ab4a7284865af311eab2d7?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - She's testing to see if you really are alpha
 - Stay in that frame
 - Agree & Amplify
 - Cocky & Funny
 - Just ignore

- Direct confrontation
 - Reflect
 - Physical touch
- o AVOID:
 - Being defensive
 - Taking it serious
- Competition Anxiety & Pre-Selection:

https://www.loom.com/embed/bcc3054281874348a49ce3a1f40277cf?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Treat Red Pill Girls As Red Pill Girls:

https://www.loom.com/embed/523dc29920954270b215f980e72d7507?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Last Minute Resistance:

https://www.loom.com/embed/b76d5c838a704d608f06a1f6b05a490b?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- How To Keep Yourself Safe:

https://www.loom.com/embed/e3542499621a4d50a497623d42ac3bf5?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o [Condoms](#)
 - o Morning text, CCTV, buy something on your card
 - o Voice record
 - o SHUT THE FUCK UP
 - o [Don't talk to the police](#)
- You Are Not Her Top Option:

https://www.loom.com/embed/5fbbb4af9eae4f54bc20bb58df26f31f?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Full Questions Video:

https://www.loom.com/embed/c318a227551e4a809a70afbe87b10ff9?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- BONUS: Turn A Girl On Instead of Creeping Her Out:

https://www.loom.com/embed/994da62565dc4748ab05ec3d8ae5604e?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true

7. Sex Protocol:

- Wimpy over-thinker to the best she's ever had:
https://www.loom.com/embed/1e1a6cb1691947d8852e1205a3387a16?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Why Do You Even Need This Guide:
https://www.loom.com/embed/d2837e05b4b34116aa064585fab037c7?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- The system that will change your sex life:
https://www.loom.com/embed/8051ecda131148db86058ad9daf8952a?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Dominance: https://www.loom.com/embed/3547247f89f04dfe909fa88f1b668a9d?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Aggression:
https://www.loom.com/embed/8cc7fc82458b4708b8e7fc04812158fe?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Pain: https://www.loom.com/embed/89ad5bfc6f8f46738b82979bb978733f?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- DAP Summary: https://www.loom.com/embed/4809ffc463854cb7b4f300420b2bb232?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Connection: https://www.loom.com/embed/94350e634be94171a65be3dfbf2d5ba6?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Authenticity:
https://www.loom.com/embed/c575d32046154d98991b7590269b2531?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Presence: https://www.loom.com/embed/a41ce501ebf346cc9fdacffb6d8ce0?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- How to use DAP + CAP practically:
https://www.loom.com/embed/38a6cf1eda2741c6bd5fbd604b4887e2?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Summary of what you've learnt:
https://www.loom.com/embed/b33fdd8e2caf43ed881003dfb7b5a243?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- How I Fixed My Performance Anxiety:
https://www.loom.com/embed/34857b04ce644c44b26653e8c3c05350?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Dirty Talking Without It Being Cringe:
https://www.loom.com/embed/e7d9d55143ae478da44045522348d11?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- 2 Cheap Purchases To Drastically Improve Sex:
https://www.loom.com/embed/de96cc3ab0fa47489728b71253a3b907?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- How To Eliminate Last Minute Resistance:
https://www.loom.com/embed/feada8136710437a96656db8269d14e6?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- The Best Way To Attract Women For You:
https://www.loom.com/embed/13c65800dd044b6099f1dd86b29f46f2?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true

- Night Game: https://www.loom.com/embed/cb47ac8c7a77491dbd2f28bd91662557?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Social Circle Game & Fucking your female friends: https://www.loom.com/embed/a1152b2cd03d4d7c857535f7aa56bdb9?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- DOUBLE Your Tinder Matches & Actually FUCK: https://www.loom.com/embed/ee67bc9d3e8349128791eb75d5c2dcd1?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Have sex 8+ times a day using semen retention: https://www.loom.com/embed/819d55af6c524b8d836370a92e40d89f?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true

8. Get A Girlfriend:

- Welcome: https://www.loom.com/embed/5374a25d845c4f06a9360738f3da57c9?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Best Dating Apps: https://www.loom.com/embed/eac79fc88a5b428d8c3403d546574e5e?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Perfect Your Profile: https://www.loom.com/embed/1ed821a0d24345a08068d55cf0244247?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Get Dates Easily: https://www.loom.com/embed/8f65fd51a9c74cc3b41a87a95e39e27e?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Why Athletes Get Girls: https://www.loom.com/embed/28e680b9ee68401b9742d6c9fce56898?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Build A Strong Body: https://www.loom.com/embed/8b06a16e578f42bba297252bd0265f72?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- The Best Diet: https://www.loom.com/embed/a65c7be9ac084cfb895b9509e37167c2?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Girls Don't Want Soyboys: https://www.loom.com/embed/18756667963b4da5ba6ecb783bda6ad2?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Get Numbers, Get Dates: https://www.loom.com/embed/813d050933354251b71509cc52161d04?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- How To Cold Approach Girls: https://www.loom.com/embed/00bec99e0e4249528b439dba091b44f1?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true

9. Finding Your Future Wife:

- Motivation: https://www.loom.com/embed/536b02f851204eb787fb54c1759e9773?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true

- Should You Get Married:
https://www.loom.com/embed/3cfe7392e3834ea3b52eee04c20a8905?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Future Wife Document:
https://www.loom.com/embed/5c9388377b57430ca493eaf9a0e021d1?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Attractive Husband Document:
https://www.loom.com/embed/011b669ad8544dc08c6b40962ab0d10a?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- The Attractive Husband Dating App Profile:
https://www.loom.com/embed/39ea2d0fd0774202ab77f2b5436e49fc?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- The Social Proof Method:
https://www.loom.com/embed/bb97c69341b8457e99663c2363940856?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Evaluating Red & Green Flags:
https://www.loom.com/embed/c0915b7f8ded48dbbb955424c903f059?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - DON'T GET CLOUDED BY EMOTIONS
 - Keep high standards
 - Some of the most important green flags:
 - Never done drugs
 - Strong father, parents together and loving
 - Never engaged in casual sex, degeneracy, cheated before
 - Small or private or no social media. 'Classy social media'
 - Religious (not forced)
 - Just invert the green flags to find the worst red flags
- First Date: https://www.loom.com/embed/1c288b5e2aa44df68d3503316ccdd86d?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Family: https://www.loom.com/embed/44245cd256ff4c97923fcaffec9b3d14?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Making Her Your Girlfriend:
https://www.loom.com/embed/2510f1f4c55d451898afb4ee25eb0a76?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true

- Living Together: https://www.loom.com/embed/4a0b84ecaaf14dcc9ca28042e17d3c81?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Getting Married & Having Children: https://www.loom.com/embed/417309ea272e4b358f1bef33c6934c7b?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Full FAQ Video: https://www.loom.com/embed/f35525a92cf34b01b1b961ebc92ed258?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o 0:00- How to remain polarized when you start living together and having children
 - o 8:47- How to get over “the one who got away”
 - o 16:36- How to keep things from getting stale
 - o 19:50- Difference between get a girlfriend course and future wife course
 - o 20:35- How to change toxic red pill beliefs
 - o 33:53- Should you do semen retention while having sex and how often
 - o 37:14- Advice for lonely 17-year-old
 - o 43:47- Does it make sense to talk to girls in school
 - o 51:01- How to know if you genuinely and authentically love a woman or not
 - o 55:07- Finding a wife quality woman vs making your woman into a wife quality woman: what should we look for when selecting a woman and how tolerant should we be of undesirable behavior in the beginning stages
 - o 59:45- Dream life for a woman might be seen as motherhood but what about when children grow up, wouldn’t she be “purposeless” without motherhood
 - o 1:00:53- How to deal with sexual cravings and temptations
 - o 1:06:25- How to level up the “skill” of being able to live with your woman, keep polarization while focusing on your goals
 - o 1:13:54- The type of language to use with your woman in terms of making plans and leading her outside of the bedroom, how to lead in that way to present yourself as a masculine man
 - o 1:17:14- How to ask a girl to be your girlfriend
 - o 1:18:05- How to help/influence a girl with strict parents that worsen her mood to do better habits
 - o 1:19:40- How to get a girlfriend while in a liberal high school
 - o 1:21:06- How to determine if you found your wife if you’re waiting until marriage (unable to see if you are sexually compatible)
 - o 1:23:03- How to find out if a girl does bad habits or has done bad habits in the past (in like the early stages)
 - o 1:26:04- When to start having sex
 - o 1:28:52- Should you hang out with your married friends or try finding single friends and risk them being less mature men
 - o 1:29:46- Is getting experience with girls in a healthy way worth it in spite of maybe not getting into a long-term relationship with them

10. Bulking 101:

- My Bulking Story:
https://www.loom.com/embed/ed690c930bb44d8d8519d04c7d237feb?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Who Should Watch This Course:
https://www.loom.com/embed/79f386afcf164160a0c9bcf1452f49b4?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - If you're fat as fuck don't watch lol go cut on carnivore
 - How do you know? Look at your shadow. If it's skinny, watch this course, if it's fat go cut
- What Women Actually Like:
https://www.loom.com/embed/3f37d076a2e24d489c082f00836c84f1?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - You need to decide right now what kind of girl you want to attract
 - Action step - Future Wife document, then what she would want in you - would she want you to be spending 20 minutes doing skin care and applying products to your hair?
- Bulking Basics: https://www.loom.com/embed/d97e6ac6104c4a209bf20b10b7c66cba?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - Gain bodyweight whilst lifting
 - You'll gain muscle and fat
 - Increase % of muscle through hard training, sleep, clean diet, testosterone
 - How much to gain? 2-4lbs a month. Don't overthink it - anywhere inside that range, change nothing. After entire month if under or lower, then change what you eat
- The Diet: https://www.loom.com/embed/132e1e50b5574b46a71a057e37be82de?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - meat + eggs + butter + cheese + nuts + fruit
 - tips: Dates and honey before workout because after workout you don't feel retarded
 - Almond butter jars around the kitchen for extra teaspoons
 - Restaurant meals - fuck tonne of meat, take the L on seed oils and sauces and shit
 - Preworkout protein and fruit
 - Post workout protein and maybe fruit - I get shake from gym
 - then usual meals - ribeye, eggs etc
 - Nighttime - casein shake

- The Workouts: https://www.loom.com/embed/2d735abd41b44ceda71c97490013051e?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - Routine: Doesn't matter as much as you think. Psychology far more important. For example I've never liked full body weightlifting workouts. Upper/lower is great.
 - Weightlifting routines vs Adonis Protocol
 - Biggest mindset: All of the gains come in the last few reps that you really push for. Do whatever it takes to put yourself in that zone where you can squeeze them out.
 - Workout tips: Find a good partner asap, training is never as good without. Story of training with Chris / Zack
 - Abuse Caffeine: Stupid and unsafe, but I make fucking huge progress when I basically abuse caffeine and have hundreds of mg for workouts. You don't have to, but fuck me workouts are amazing with caffeine pill AND energy drink. Take L on sucralose and shit because workouts are just that fun
 - We don't do a lot of fun activities, make gym fun as fuck even if its dopamine and shit - music, energy drink which has some shit ingredients, friends, laughing, flirting with girls, protein shake. Not perfect health, but some of our guilty pleasure and kinda productive because it makes workouts so much more fun - story of me sober without caffeine just dead slow quiet workouts without music, so fucking dead I stopped training as much
- The Rock vs The Pebble: https://www.loom.com/embed/573837b6882d4a45bebea16522bcdcbcb?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - Got obsessive over muscles that were lagging behind, but I was just small in general lol
 - problem - kept flipping around, researching shit that made me overthink
 - It's not that your upper chest is small, you're just small in general. Stfu, eat more and keep going
 - Get big as fuck first without thinking about lagging muscles and shit, then sculpt after that
 - Bulk whilst stopping overthinking, cut, and then create new routine maybe adding more sets to weaker muscles
 - Pebble and rock sculpting
- Bodybuilder ADHD: https://www.loom.com/embed/db1753b6ee484f25814cf0ab64aee712?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - Story of Simon saying "are you bulking or cutting today"
 - Kept jumping around, sign of ADHD

- o Most progress you'll ever make is on long bulks - literally look completely different
 - o meditate
 - o stick to plan
 - o just fucking perma bulk, and cut for special occasions
- Dirty Bulking: https://www.loom.com/embed/b1f825a2e81742d6a688287166a34031?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o Thinking bulking was an excuse to eat trash
 - o If on steroids you can - sam sulek chocolate milk
 - o Natties can not do this. It'll go straight to your bloated stomach and boobs lol
 - o Stick to the diet I laid out, trust me
 - o Cheat meal rules - If going to restaurants often then stick to just meat, get steaks and shit and don't eat the carbs. If going every now and then then can get something worse but reason why I don't cheat on diet even on holiday anymore - enjoyment of life literally goes down

11. High Value Social Circle

- Personality: https://www.loom.com/embed/6e3a8129eee94beea6bf15f0afdbd85a?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o funny, non needy, stories (tell story of mason and zack and me telling stories of street fights)
- Appearance: https://www.loom.com/embed/c357c886c3f94811a787191949287287?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o Get the benefit of the doubt in your first impression
 - o Can never go wrong dressing smart.
 - o Grooming: Go for clean look rather than wild. Mike Thurston vs Self improvement Autist
 - o Take pride in your appearance.
 - o <https://tailoredathlete.co.uk/>
- Success In Areas Men Care About: https://www.loom.com/embed/1ab12f1c12854962b4c851006fd03258?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o money, status, fame, girls.
- Online Is King: https://www.loom.com/embed/ab81c93037294e5dbd5e1bc117651b0a?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true

- o why? Find based on interests instead of vicinity. Plus these days all high value men have money and online businesses and can travel
- Instagram, Adonis School, Mentorship Are 80/20:
https://www.loom.com/embed/2bf3c6657ac34b9b823889432fcb6366?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o Look no further, rinse out as much as you can from here
 - o Instagram - Growth comes from reels and other platforms. Look cool af. Find other cool looking guys, follow them, if they follow back just send simple message and see how the connection goes. Post stories showing attractive HDL and people will reply and want to take part.
 - o AS - you're lazy as fuck you have a goldmine here and you've been slacking like a Jeffery idiot. Go message at least 1 guy every single day or you're a lazy fuck. How the hell are you not capitalising on this? Come to every meetup, be social af and connect on IG.
 - o Mentorship - I help entrepreneurs grow their audience, clients get closer to me, my personal number and fast responses through the day, private masterminds with higher level guys who have more money. Mentorships are ultimate place to meet other successful men because of the barrier to entry - got to have good money to join. High ROI. [My mentorship is great if you also want to grow an audience/personal brand](#)
- Other Places, But Don't Get Your Hopes Up:
https://www.loom.com/embed/0d6f50a1da254e25a5b1bcc11fe0d6a7?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o Try in your gym but likely just 9-5 losers. Same with girls tbh “meet them IRL” is such fucking SI autistic cope bs.
- Do's & Don'ts: https://www.loom.com/embed/71046fac560d41b799a48e09d9295bb6?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o DO:
 - Handshake,
 - play it cool,
 - be interesting but concise
 - genuine non needy compliments - more like acknowledgements for hard work
 - o DONT:
 - NPC eyes,
 - needy and clingy,
 - low value contributions
 - just saying weird unsocially calibrated shit
 - awkwardly just stood there watching and listening but not taking part
 - adhd conversation

- Visualise Beforehand: https://www.loom.com/embed/a5afe85f01c8449c94d3b276307bb756?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Conversation Skills: https://www.loom.com/embed/e0ab6ee6c8754ccca4263f2a72f81951?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - What to talk about:
 - Tell funny or dangerous stories
 - Talk about women
 - Talk about making money
 - Tell your opinion on interesting shit
- Live In A City: https://www.loom.com/embed/d1d50ab72eca45e7b0be73d89077bd03?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - Nature countryside is nice but can always live there from 35+, but when young 100% just live in city hands down.
 - Tell story of me autistic ungroomed mode in Scotland vs Chad HDL mode in cities
 - Life setup:
 - Move out and get apartment as central as possible in one of the big cities in your country. Easily worth the money. Self improvement wormhole is such fucking high ROI.
 - Consider travelling and living abroad for some time, but that didn't work that well for me, moving out is already a big thing, moving to a different country is another big thing. Go 1 step at a time.
- Post Content Or You're Retarded & Stupid: https://www.loom.com/embed/e8f70639d1504035a5439f62336d2c86?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - Every single one of you should be posting social media content and growing audience
 - Single most attractive business to be in.
 - high value men will literally reach out to you wanting to hang out and collab, gives you a business reason to meet each other for a video
 - You're brain dead if you aren't currently growing an audience. Even just 1 piece of content per week.
 - You have time, stfu, you're just insecure
 - If you're already posting content and growing audience - understand this is your single biggest lever in improving social circle. My [mentorship](#) will get you 5x faster results than the competition.

- Turn this into a business and you literally travel with your social circle and make money at the same time.
 - You spend money to go to AS meetups, I make money. Why? Because whilst you were a RETARD not posting content in 2020, I was.
- Post High SMV Instagram Reels:
 - https://www.loom.com/embed/aa880a5bd773489c9ca17283e1326ae0?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - Have a look at my one first (follow me hehe)
 - Easily makes you look higher status and more attractive and gives people a reason to reach out and want to be in your life. Easiest way to get girls.
 - Do fun social shit with high level guys and beautiful women, get content and turn into cool IG reel
 - Find cameraman friend who is great and pay for him to stick around. Pay for his meals, eventually even flights, free stay in your Airbnb when travelling. Easily high ROI. ONLY if they are switched on with cameraman work, not just some bum friend who forgets to record

12. 1st Man Male Advantage:

- No One Is Better Than You:
 - https://www.loom.com/embed/9fb5a68319f5472b9de378148df77140?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Zero Fear of Consequences:
 - https://www.loom.com/embed/566fc41586244c0981add578f9c22496?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Heavy Is The Head That Wears The Crown:
 - https://www.loom.com/embed/4b802c9bedf340c4a970e52594f39e5a?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Good Enough For Me:
 - https://www.loom.com/embed/a667fc86e5684da5a1fe360e6d28f2a8?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- You're No Longer In High School:
 - https://www.loom.com/embed/05be8572745c44ec80f22fdd11383f3a?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Things Can't Go Bad Forever:
 - https://www.loom.com/embed/e985326fcacf49ab896b12ff5859f534?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- My Morning Mentality Hack:
 - https://www.loom.com/embed/0f258420896544099fed16296f1a8aac?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Fundamentals And Bad Habits:
 - https://www.loom.com/embed/90589f22848044c1bfd1bf2f1842b5e5?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true

- Daily vs Weekly Task Lists:
https://www.loom.com/embed/675451ea12174306b10a1f915e11528d?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- The 4 Exposures: https://www.loom.com/embed/9b9ec46e42814fffae0b2c32acf14b56?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Lessons From My Dad:
https://www.loom.com/embed/5c6f3b84000c460ebf73751e5680ec84?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- The Truth Sets You Free:
https://www.loom.com/embed/635ecdf524a140efa6b5d7b2cc113713?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Not Your Money Until It's Your Money:
https://www.loom.com/embed/ba2c809091da42e79f131e6174784735?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- What Can I Do To Make Things Better:
https://www.loom.com/embed/b4ac8c3f3d7846828e2e1dde516a8423?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- How Professionalism Will Change Your Life:
https://www.loom.com/embed/d13686e066354b99b16e58b80f013f17?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true

13. Speaking Skills:

- Make People WANT To Listen To You:
https://www.loom.com/embed/cc973ab6a35446359798a493d2c188ff?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true

14. How Hamza Learns, Remembers & Takes Action

- Purpose Of This Course:
https://www.loom.com/embed/41fd27a117664b84a275865164e0de35?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - Make you an intellectual superhuman
 - Think about 99% of Jefferys: brain dead ADHD because of carbs, no systems for knowledge work.
 - This is everything you need to get into top 1% of performers.
 - This is a 'meta' course. Learning how to learn. Very powerful. Good for you for being here.
- Reading Books: https://www.loom.com/embed/ca8ca630485a429887a79323809b698e?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - By far most of my knowledge has come from reading.

- o Connecting webs with Kindle highlights. Eventually book becomes filled with years of extra insights. Just highlighting doesn't do shit, connect the web for better understanding. This is powerful for synthesisers "and that is just like what x said"
 - o Writing action steps on iPhone notes 'Ideas Note'
 - o But reading is for general principles. Specific tactics need modern 'fast' content or advice.
- Adonis School Posts:
 - https://www.loom.com/embed/846e9f754abf4e2abe971d5cb666d3d7?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o Best case scenario - it's reading but now not with books on general principles, but with specific updated tactics.
 - o Old TRP posts story. I want AS to be like that - Write detailed posts and comments, guides, field reports, asking for advice, sharing wins
 - o My invitation to you - Use and create on Adonis School how you want other students to create too.
- Mentorship, High Level Discussions:
 - https://www.loom.com/embed/a3f2e71e772440b78254294f745148ca?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o More specific tactics
 - o How to get the most out of mentorship, high level conversations and calls:
 - o Optimise brain so you can articulate (carbs, meditate, sleep, exercise)
 - o Prepare questions
 - o Speak less
 - o NEED THIS - Get from Adonis School, my high ticket mentorship, discussions with other guys in the space.
 - o (Message Danish to show interest in my high ticket mentorship)
- Why I Don't Watch YouTube Anymore:
 - https://www.loom.com/embed/7bfbee3ebe0e439eac972c02cb866fdc?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o <https://chrome.google.com/webstore/detail/df-tube-distraction-free/mjdepdfccjgcndkmemponafgiodelna>
 - o <https://chrome.google.com/webstore/detail/no-youtube-studio-comment/gpdhpginbghlgogopajjfmiggodhbee>
 - o <https://chrome.google.com/webstore/detail/unhook-remove-youtube-rec/khncfooichmfjbepaaaebmommgaepoid>
 - o <https://chrome.google.com/webstore/detail/hide-youtube-viewers-and/ibdkcdjfoahbpcoajafabdokfdgcijjd>
 - o <https://chrome.google.com/webstore/detail/view-count-hider-for-yout/eobpccgcmekkhidcgneehbcgkmbmjiaid>

- o <https://chrome.google.com/webstore/detail/hide-latest-video-perform/gebhkpihpgicbbclaldmmkpncbnfhfe>
 - o <https://chrome.google.com/webstore/detail/no-youtube-studio-comment/gpdhpiginbghlgogopajjfmiggodhbee>
 - o <https://chrome.google.com/webstore/detail/hide-youtube-thumbnails/phmcfcblijdlomoipaffekhgfnpndbef>
- Learning General Points:
 - https://www.loom.com/embed/1c113f552a7748b895c1031c2223c744?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o What topic to learn - Interest and curiosity
 - o When to learn and when to take action
 - o How to know if a resource is trust worthy - check the results you get when trying it. Continue if positive results, switch to a different resource if not.
- Your Brain Is For Having Ideas, Not Storing Them:
 - https://www.loom.com/embed/de43de37673e4aefab0d43020f87ab57?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o Write down fleeting ideas asap even if it means interrupting conversation (won't be present otherwise).
- Calendar & Alarms:
 - https://www.loom.com/embed/4126ba1969b245c486cbc5b38e565e29?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o Basics that all humans must follow to not become subhuman:
 - o Have calendar with time booked stuff that you check daily.
 - o Set alarms before appointments, calls, time sensitive stuff. Don't trust your brain to remember.
 - o iPhone consistent alarms for consistent things like bedtime, call times.
 - o Plan tomorrow today.
- Ideas Note: https://www.loom.com/embed/3cae7afb6d9942959f5105205c0734d2?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Wall Papers & Wallpapers:
 - https://www.loom.com/embed/de35afa10d444abeb97bbf7f339a9b5d?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- You'll Only Take Action If You Are Dissatisfied:
 - https://www.loom.com/embed/1bb1f888d85447ceafd0d0c2c411735a?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Dissatisfaction Full Video: <https://youtu.be/LFAunxdnvw8>

- Pilot vs Plane Mode:
https://www.loom.com/embed/25ee3ffb5a1f4fed90f0d81ee6c72b08?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- A Simple To-Do List Is Overpowered:
https://www.loom.com/embed/0669012d1d05438e920fd318821d6866?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Ideas Note Action Steps:
https://www.loom.com/embed/b837b257ebe64cffb8b9cd962c6ca67b?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Deadlines Aren't Fun, But They Do Work:
https://www.loom.com/embed/65a1060603a34dab950a080a72ed78a9?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true

15. Productivity

- Self-Image: https://www.loom.com/embed/e9396b8dca204d309bbf716f37f6b22f?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Success Visualizations: https://www.loom.com/embed/5478266a13144a32aa75ae8502a4a29d?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Foresee Your Potential Failure: https://www.loom.com/embed/32b5b18a7cb94b8799d3f71efdea9d55?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Goal Setting: https://www.loom.com/embed/a4ed673ddc5a4baf9a6e5b1e667adaa1?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- The 80-20 Rule: https://www.loom.com/embed/c5d3331397634d4293ff9ae7b0d23fd0?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Make Your Habit Tracker: https://www.loom.com/embed/9273e5f3cddb452998023ac508e5dc32?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Fast From Food: https://www.loom.com/embed/b226e55372254f7696c6922dca82aa48?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Sleep Properly: https://www.loom.com/embed/5fdb9261f22047a1af42321e8d7e5ec8?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Diet: https://www.loom.com/embed/39f43ffc4c6547758cb2e01e424371c3?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Prioritise Your Mental Health: https://www.loom.com/embed/54a18211b1b44b8d913d7feb21e9c807?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Exercise Like This: https://www.loom.com/embed/497102228c9346dc9cd1d2f3e1acdd4f?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true

- Turn OFF Notifications: https://www.loom.com/embed/3f1c8d19b5f54b43bf4084a4efadb3f1?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Don't Switch Tasks: https://www.loom.com/embed/46a729271ea6402dbe036903e05d7f2b?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Reduce Distractions: https://www.loom.com/embed/a0572be2737848b2b40122828d0270f7?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Make Your Timetable: https://www.loom.com/embed/45ce0b09471f4cb1b2c385b0c8c5e5df?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Your 2 Week Plan: https://www.loom.com/embed/2630d2aa39264f6f90727065cab6d68f?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Share Your Wins: https://www.loom.com/embed/b05d76f9142c4833ae73ef0dc48cbb5f?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- What Business Should I Start: https://www.loom.com/embed/f224c509b5ed4efd8235fde2fbb24bd8?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Get Started Without Money: https://www.loom.com/embed/74ddb835c2c2420ba7f565f5aa8131e4?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Transition 9 to 5: https://www.loom.com/embed/4c822d9186e642dca5ba57acac60b3ee?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Modafinil: https://www.loom.com/embed/3e39056a1e1e4b23930ac5ddf31c0513?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- How To Increase Deep Work Hours: https://www.loom.com/embed/42cf7d87b82e481d8b17f6695094fc71?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true

16. Success Mindset

- Ten Mindsets: https://www.loom.com/embed/1fadbbd81b074b7ea8ad6f46ada440a7?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Theory of Constraints: https://www.loom.com/embed/e48dcd45e3224bc8b35f3c9be486f9bc?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Weak Online Culture: https://www.loom.com/embed/e0f1ffe7b1be4d5bbf3248ad3e38d365?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Fast Progress: https://www.loom.com/embed/8e0710dc9cdd4e9e8119706205b74d9c?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Dopamine: https://www.loom.com/embed/6f801f05abe1420fae3e5bb1d315ce75?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true

- \$10,000 a month isn't a lot:
https://www.loom.com/embed/b808fd0c2d80438c9b9179661a170d93?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Likes ain't cash: https://www.loom.com/embed/dcdeb72dc2744ebda828cda0929273da?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Fear: https://www.loom.com/embed/641dc4cfb5b8401c91a6c0e58bfb15d6?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Lifelong student: https://www.loom.com/embed/aeed3f631ce7415a9a0099e5d3c234ae?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Money as a score: https://www.loom.com/embed/d685970852ce481097fb045e40ebc71d?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Invest in yourself: https://www.loom.com/embed/9fd7d08a474f445191e5c1295bd13b7a?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- The challenges of decision making:
https://www.loom.com/embed/cd75198b679047c984f3140277b88dc1?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- End: https://www.loom.com/embed/e9e082b3e8a944f3ba8b33e13a789be5?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Bonus:
 - o The right mindsets:
https://www.loom.com/embed/e9cb26d1a8a7492d9e8b766ee6148eb8?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o Find the Jeffery:
https://www.loom.com/embed/8101a35e96704e68b8fd7dc7ad5a1320?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o Brain Points:
https://www.loom.com/embed/8a93de08f954439296b231311d8285c2?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o Eat the frog:
https://www.loom.com/embed/3f0ff2f3c5ca45d0925a29775271d54e?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o Limiting Inputs:
https://www.loom.com/embed/6f0e6e867ad44fcca3580abf6bb0658e?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o The fat man's gym workout:
https://www.loom.com/embed/f6e3f6c362f644f3a74c94c6687d752c?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true

17. Leadership:

- Being a Leader: https://www.loom.com/embed/ca7fe1d5fb914334afe7f2861fd5f96b?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- The Mindset of a Leader:
https://www.loom.com/embed/1e89346e92b04f4992047cdce956dcfd?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true

- The Power of Charisma:
https://www.loom.com/embed/6f86899ae055405aba233bf896721d97?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Taking Action in Adonis School:
https://www.loom.com/embed/10d87fcad8e34656a779a5dafc00a201?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Shiny Object Syndrome:
https://www.loom.com/embed/61534486b5644a5e858998fe16d65c22?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Complete the Positive Flywheel of Leadership:
https://www.loom.com/embed/6a3d859ccdd8481d8db1d5a52b95b04c?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true

18. Becoming An Online Coach:

- Who This Course Is For:
https://www.loom.com/embed/3c7a8e7438014a4b845f57365980736d?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- The Game Plan: https://www.loom.com/embed/d8414e7bc5714270aabb2ad59b8f6f61?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Brain Points: https://www.loom.com/embed/82d07d0c30034699b9a21c33fe3c899e?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Dopamine: https://www.loom.com/embed/589e02fb20b24958a04df42456381cf8?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Cross The Moat: https://www.loom.com/embed/0adb033420ec46c18695704b8611f986?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- What Goal to Coach:
https://www.loom.com/embed/030cc2c44d2c461f99c9e7026343059a?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Your Coaching Package:
https://www.loom.com/embed/3c627995aa2c48238d9fdc103ee8484e?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- The Funnel: https://www.loom.com/embed/df5f34ed2aef428caa7b013a7fa24f02?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - If Stripe is not available in your country, use PayPal or Google something like "**[Your country] payment processors**" and see what options are available.
- Getting Sales Calls:
https://www.loom.com/embed/6cf0b1653fc0497298b2660c37af7a4c?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- The Sales Call: https://www.loom.com/embed/8025f95e248a41d7a7eb2e6fb2d58eff?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Being a Great Coach:
https://www.loom.com/embed/4eb61ef76ff5481b833a280fff168584?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true

- Not Making Money:
https://www.loom.com/embed/e8e2e94335614151a3a8c56ac6d1c163?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true

19. Profitable Skills To Sell Online:

- The Gameplan: https://www.loom.com/embed/0c6f3e66e5b14545b2a647f1f24752d8?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Who Is This For: https://www.loom.com/embed/cc1fa7f9807348958c3b76486b31017d?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- The First \$1k is Amazing:
https://www.loom.com/embed/7c8b581ea8624f9f8d262c5ddef7c86a?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Service Skill Ideas:
https://www.loom.com/embed/dcba483c72fe41a8add510661a81b9af?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o Face rating
 - o Timetable/schedule/calendar analysis (productivity)
 - o SOS accountability (nofap, bad habits)
 - o video editing
 - o thumbnails
 - o aesthetic body analysis - calculate bf %, what muscles to focus on and how many sets, workout routine
 - o Weightlifting/calisthenics/body movement form check
 - o youtube old videos split tester - testing titles
 - o hot girl text analyzer - they send screenshots of dating texts and you basically respond
 - o dating profile analysis
 - o Instagram profile analysis
 - o video ideas/titles for youtubers
 - o youtube video review
 - o chess game review
 - o paid skool community - coaching, courses, comment replies from you
- How To Know Which Service Skill To Do:
https://www.loom.com/embed/04cd0d6fa9294c1aaba84104d10b83a2?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- 2 Ways To Sell: https://www.loom.com/embed/27d1da8906324c2aafd9df2bf3dc8618?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true

- Sales Page: https://www.loom.com/embed/06a3e9921843475fb4cf2c92330a3103?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o <https://www.shopify.com/uk/starter>
- Price: https://www.loom.com/embed/09cde0e2caf44c609e77c4262083f7b8?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o \$5-50
- Selling As Part Of Paid Skool Community:
 https://www.loom.com/embed/15c12c3d8cd041dc984ac391c56a4d69?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o add it as bonus
 - o “get a Looksmaxing rating when you join”
 - o “get a free 30 minute coaching call with me when you join”
- Launch:
 https://www.loom.com/embed/9bfe130ddb6742f7ab2aede3d0584e40?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o do a push to everyone you know, social media, youtube video, description, community post, (don’t sell in AS lol). Talk with conviction that it’s easily worth it, CTA to get the dream result.
- First Sale: https://www.loom.com/embed/8773c231496a4db49871e4ae5d0a1854?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Give Every Customer 10x Value:
 https://www.loom.com/embed/64bed892e9594e02b66af714cd7a146b?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Get Testimonials: https://www.loom.com/embed/f6e6fff8b08349bba9511bc36c67448b?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Repeat Customers:
 https://www.loom.com/embed/7cbf6a4e46e948a4a79d90eb8dcd1b90?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Launched But No Sales:
 https://www.loom.com/embed/5f25069d34234908a8abc04191d4cde9?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Sales Dried Up: https://www.loom.com/embed/2e72aa51c20b4988aebce1fcb108fc8?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true

- Customer Not Happy: https://www.loom.com/embed/697f9ccad2614315925406ce11a9d121?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- The Start Of Something Great: https://www.loom.com/embed/10053954bc4747e29808f66b84c26b04?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- FAQ: https://www.loom.com/embed/d00ebb411eb2492aa2d4723e6c34d9b3?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true

20. Make Money On TikTok:

- Who is Musa: https://www.loom.com/embed/b250c195e4e64a9eac629e696fb65f6a?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- What is the algorithm: https://www.loom.com/embed/342593e0fc034242b4c688684c95c9cd?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- The business model: https://www.loom.com/embed/9329e08c74cb4d3196e33949faf7e8ef?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Breaking down viral videos step-by-step: https://www.loom.com/embed/f26565bbbc4e42a7bc687a5d48346900?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Hurdles on TikTok and how to fix them: https://www.loom.com/embed/e0a3897396d440f4aaa69ff23d08bea2?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- How to execute YouTube automation: https://www.loom.com/embed/84c490d3d56e412e85b1f771cd3e31e3?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- How to structure thumbnails and titles: https://www.loom.com/embed/29ccf822f89a4f79943ad08a55ae9b0a?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- How to make a talking head short: https://www.loom.com/embed/6f8654c1b485477886cf2cb1fd1450ed?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- How to make a clip: https://www.loom.com/embed/3cfddf578f5543ca9ba1a852680d03b1?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true

21. YouTube Courses:

- Beginners (0-100 subscribers):
 - o Welcome: https://www.loom.com/embed/d92f1be1d69147fb91303d44ce418b95?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true

- o How YouTube Works:
https://www.loom.com/embed/813065b4742b43e293659b7028fd5039?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- o Start Today:
https://www.loom.com/embed/ddf5f22d5505449c8caa3129c09b5844?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- o 1000 True Fans:
https://www.loom.com/embed/7d7e9dc8bd314a6787b8dd7f4c446172?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - <https://kk.org/thetechnium/1000-true-fans/>
- o Don't Be A Slave To The Algorithm:
https://www.loom.com/embed/2aadd511eb6a4b7aabd88607031ae15e?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- o Be A Part Time YouTuber:
https://www.loom.com/embed/73826de897064799ace61918e4a496c7?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- o Video idea, Titles, Thumbnails:
https://www.loom.com/embed/2f70a7fb2111404cbc30425c12c3081f?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- o Upload Frequency:
https://www.loom.com/embed/ef29b855ce5f41418c93b2d99d2fe976?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- o The Infinite Game:
https://www.loom.com/embed/e5cb31bce64a4887b4ee4a55af120517?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Intermediates (100-10k subscribers):
 - o Intermediates (100-10k subscribers):
https://www.loom.com/embed/51f6896a7abe4b5f84c957fa171b74c2?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o The Intermediate Game Plan:
https://www.loom.com/embed/2eb0f9922d1f41a586f81c460124250c?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o The Authenticity META:
https://www.loom.com/embed/17371cda30654ce086dec555f5f4dabf?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o Likeable, Credible, Relatable:
https://www.loom.com/embed/68b76a4063664b3aa90b749919644ccd?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true

- o Framing (Editing & Camera Setup):
https://www.loom.com/embed/f956602af40445229b7b8ccdbe7d85ef?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- o Thumbnails:
https://www.loom.com/embed/74f7395ffc4d434eb85309a48efe2822?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- o Tracking Metrics:
https://www.loom.com/embed/b0455f38598a426ca9577a19dbda336c?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- o Current Season:
https://www.loom.com/embed/9da3070767c74fc48da5d2e003eaf78c?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- o "When Should I Monetise?":
https://www.loom.com/embed/587633c148c4436388c3d42248b158fd?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- o Full FAQ Video:
https://www.loom.com/embed/86b858643b6648948b4185903e26d309?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - 0:00 Intro + gratitude
 - 0:17 Where to find a good thumbnail and video editor
 - 3:26 Running out of "problems to fix"
 - 4:40 Become a better synthesizer
 - 6:46 Script better videos
 - 9:22 Figure out what to change in your videos
 - 20:33 Transition between topics
 - 21:54 Becoming more credible
 - 23:30 Balance between scripting and speaking naturally
 - 24:12 Communication tip for better videos
 - 26:25 Are shorts a waste of time?
 - 27:45 More work or more uploads?
 - 28:51 Community strategy + making it active
 - 31:46 Wrong beliefs about YouTube
 - 43:05 Taking breaks on YouTube
 - 44:44 How to level up YouTube skills
 - 48:06 Books on improving your skills
 - 49:07 Keeping the "energy" of YouTube audience high
 - 52:04 Limiting beliefs about creating community
 - 53:41 Are editors worth it?
 - 55:05 Authentic when not feeling it

- 56:06 Is editing authentic or not?
 - 1:03:48 Ditch Jeffery and Adonis intro?
 - 1:05:42 Thumbnail advice #1
 - 1:07:22 Thumbnail advice #2
 - 1:08:37 Collaborating more with the community
 - 1:10:35 A better mindset about improving skills
 - 1:15:34 How important is the niche
 - 1:17:21 Conclusion
- Experts (10k-1m subscribers):
 - o My New YouTube Mindset:

https://www.loom.com/embed/30b28e316d5e49e8855187b4617084d0?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - This is a recent call recording which is my updated mindset on YouTube. The rest of this course is from 9 months ago, it's all still valuable, but you can see my opinions on how to navigate the YouTube game has changed. So you can choose whatever YouTube mindset you think will help you more
 - o Welcome: https://www.loom.com/embed/0be2b9beca0443cd9bc48a416fc1d3fb?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o How To Get Started With Your First YouTube Video:

https://www.loom.com/embed/a19e06e4089c408d8700e75dac2f4004?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o How To Choose Your 'Niche':

https://www.loom.com/embed/fe8b4bd7f8ed4ea9ba132694824a1126?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o The Power Of Daily Uploads:

https://www.loom.com/embed/cd95e599feab48e685cf0b59d95f4f5a?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o Generate Video Ideas That Get Lots Of Views:

https://www.loom.com/embed/94b7ac05675b47e683b2c0430dcb07b8?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o The Magic Video Formula That Exploded Our Channel:

https://www.loom.com/embed/be331bb2131a4caea631e00f64a597b5?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o Magic Video Formula 1: Intro Hook:

https://www.loom.com/embed/cfba7b326622438083e4451002e02dc0?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true

- o Magic Video Formula 2: Tell Detailed Stories:
https://www.loom.com/embed/271b157e04444f4c81b14fc64dbf1760?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- o Magic Video Formula 3: Polarisation Through Rants:
https://www.loom.com/embed/fffe8cbaae0947ee85bb082027509fc3?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- o Magic Video Formula 4: Show That You Care:
https://www.loom.com/embed/a247a462858e4294b9fe67cf6238dfca?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- o You Need A Right Hand Man:
https://www.loom.com/embed/c0d6900f5dc74d3d8f24456495a24aad?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- o How To Hire A Personal Assistant You Trust:
https://www.loom.com/embed/b9f07a1ae9dc4d39b710e623b2beb76c?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- o Building The Ultimate Team:
https://www.loom.com/embed/167657b23f5443dd8c1f95abda9f4762?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- o Share Your Wins:
https://www.loom.com/embed/6feaf5aa2d3d45f0a0e837ad2529094c?autoplay=0&hide_share=true&hide_title=true&hideEmbedTopBar=true
- o Goodbye: https://www.loom.com/embed/8455631eba6343588b5c5b749796326e?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
- Cult Leader Secrets:
 - o 1000 Cult Members:
https://www.loom.com/embed/8d4264e2b64047038c5f48a4fa2bbe1a?autoplay=0&hide_owner=true&hide_share=true&hide_title=true&hideEmbedTopBar=true
 - o Speak Like A Charismatic Leader: